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Health—the poor man's riches, the rich man's bliss.

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THERE are few countries in the world in which so marked a difference prevails between the temperature of winter and that of summer, as in the United States. These, it is true, embrace a diversity of climates, and yet the remark just made, applies to all the states of the confederacy, excepting the extreme southern ones. So vivid a contrast between these seasons, requires of the inhabitants, a mode of living, style of dress, and even intellectual efforts, strongly contrasted. Bodily exercise cannot, with us, be so active, persistent, and varied, during summer, as it is in Great Britain, France, and Germany. We ought, in that season, to adopt all the precautions of even a rigid hygiene. In the winter, the case is otherwise. With the use of a more substantial and nutritive aliment, there ought also to be practiced, numerous sports, and athletic exercises, as well to give present vigour, as to prevent future disease, and the languor and debility to be expected in the succeeding summer. Many of these will be most beneficial by being voluntarily had recourse to, without the intreaties of friends, or the formal advice of physicians. When we mention such games as that called by the English *hockey*, the Scotch *shinty*, and our boys, in school plainness, *shinney;* also, the ball, hoop, &c. we are readily understood by many of our juvenile readers. They require no recommendation from us to freely use such exercises; nor will they wait until we descant on the pleasure of skaiting, or the more humble sliding. If these youths could persuade their dyspeptical fathers, and their nervous mothers, to walk out and witness their exhibitions, and to occasionally extend their walks along the water course, or river, or round the ponds which are the theatre for the display of agility and address in skaiting and

sliding, these latter worthy personages would be more willing to retire to bed by times, and would sleep sounder, and awake in the morning with less feeling of the horrors, than some of them are wont to complain of. Nor would we exclude from such exhibitions, gentle misses—the sisters, and friends of the playful boys. These fair creatures, in our country, do not find skaiting to be a necessary accomplishment, as it is esteemed to be in some of the northern countries of Europe; and as to sliding, and the particular fashion of which little girls are so fond, in going to, and returning from school, in a winter's day, we say nothing here. But we have seen, and, as well as our awkwardness on the ice would allow, aided young ladies in the movement of rapid progression, by pushing chairs, or little sleds, on which they were seated, so as to imitate sleighing, or if the comparison be not thought a bull, the sliding up and down over the Russian ice mountains; and we must needs think the amusement a salutary and sociable one.

The exercises, which may be taken in doors, by females, at this season, are especially useful and requisite; such as skipping with the rope, battledoor and shuttlecock, and the more passive one in using the dumb bells. But, while these are admitted to be valuable means of recreation and exercise, we must never suppose that they can be used as a fit substitute for walking daily in the open air, unless the state of the weather be such, owing to rain, or snow, as to interrupt this salutary practice. They are useful aids to walking, and call the muscles into more varied action. We have frequently heard of little girls, and young ladies also —perhaps now-a-days, there is no difference in the mode of designating them,—plead with mamma for leave to stay a little longer at an evening party, and enforce the plea by promising to rise as early as usual the next morning, and not to miss any lesson. Now, we think, that every prudent mother ought to enjoin on her daughter, the necessity of taking a morning walk; no matter how late the young lady may have staid at the dance, or party, of the preceding night. We do not often find it necessary to quote from the pedantic coxcombery of Chesterfield; but his advice to his son was a good one, when he urged the latter to rise at a regular hour in the morning, to prosecute his studies, without regard to the gaieties or dissipation of the night before. We would extend the recommendation to the lessons in gymnastics, as well as to those in philosophy and belles lettres.

The exercise of sporting with gun in hand is peculiarly manly, though many will scruple to call it humane. It is largely practised at this season. The following advice to sportsmen is from a trans-atlantic contemporary, and will show, that even in the heat and passion of the sport, some moderation and attention to hygeinic precepts, are not to be forgotten.

"In the first place, therefore, as more connected with our professional views, we would direct the attention of the amateurs of the season, to take as much care of their health as possible; and in no one thing can they be more tenacious than in guarding against the effects of moisture, and particularly wet feet. On returning from the pleasant toil of the day, their first care should be, to doff their shoes and stockings, and place their feet in tepid water, wash, and dry them well with a coarse towel, till a glow of warmth is felt on the surface of the skin, and afterwards put on a pair of woollen stockings. By attending to these simple directions, when the feet are wet or damp, many serious complaints will be avoided, particularly those most liable to affect the chest and bowels. All wet clothes ought likewise to be changed; and if the skin, or any part of the body be cold, moist, or wet, a coarse towel, well applied over the parts, will restore the circulation, and prevent the damp from striking inwardly. A dish of tea or coffee will cheer and revive more at this time than at any other."—It is, in fact, at such times that these grateful beverages display their best effects. So relative are the effects of various articles of dietetic luxury. These same things will only serve to aggravate the maladies of the moping hypochondriac and the fine lady, whose nerves would be shocked by an effort to walk a hundred yards, or to encounter the external air. For a pleasant article on "the Usefulness of Sporting," we would refer our readers to a work, which, whether we consider the style of typographical execution, embellishments with beautifully coloured plates, or the variety of information on natural history, we hope to hear of being extensively patronized by them. We mean "The Cabinet of Natural History and American Rural Sports."

HOUSES OF EQUAL TEMPERATURE.

A great desideratum in searching after a suitable climate for invalids prone to consumption, or suffering from rheumatism, is to insure a uniformly equable temperature. As yet, the search, if not a vain one, has assuredly not been attended with all the success we could desire.—Nice, Pisa, Rome, and Naples, and Madeira have been recommended as suitable winter residences in the old world—some preferring one and some another of these places. In our own country, Savannah and St. Augustine have been not a little extolled as beneficial in the same way. But even were all these places of unequivocal fame, for the purposes just indicated, but a small portion of our population suffering from breast complaints could avail of them. Time, distance, expense, entire interruption of business, separation from friends, are all important objections to an invalid's abandoning his home

in quest of health abroad. Much, we are convinced, of the good effects of the favoured winter climates might be gained, and many of their disadvantages avoided, by recourse to lodging in rooms of equal temperature, in which a mild warmth and suitable ventilation should both be attended to. As preliminary to future remarks and details on this subject, we lay before our readers a letter from an experienced and distinguished physician, Dr. George Pearson, of London, to Mr. Tredgold, and published by the latter in his work.*—It is worthy the attention of managers of hospitals and alms-houses, as well as of physicians.

"The perusal of your plan for producing equal and warm temperatures, with, at the same time, effectual ventilation, not only in large buildings for public uses, but in small or ordinary sized dwellings, afforded me great satisfaction. The neglect of the public to avail themselves of these measures in countries enlightened by science, would not be credible, if the history of former times, and our own experience in latter times had not made us acquainted with similar neglect of many other precious discoveries. One example may suffice to justify this remark, namely, the neglect of the employment of the agency of steam, amongst a hundred other inventions of the Marquis of Worcester, indicated more than a century and a half ago, in his little book, "The Century of Inventions." For nearly 100 years this powerful agent was almost solely used for working machinery in mining; and although it was much talked of, it was only within the last thirty or forty years that the application has been made of it for other purposes, especially with such astonishingly powerful effects in navigation. This is precisely the case with the methods invented for the warming of houses; the principles for this purpose are now well known to many persons: they have been fully developed, but only partially acted upon in practice within the last twenty or thirty years. The loss of comfort, and indeed of life, from the neglect now spoken of, is incalculable. But, as a friend of mine expresses himself, "John Bull is a slow travelling animal." I have not failed to attempt to influence the public in favour of constructing buildings for warm and equal temperatures, in my public lectures during thirty years past, and also occasionally during this time in the public prints, besides introducing, in my private practice, contrivances, although rather rude ones, to accomplish this object. Among other channels of intelligence by me to the public, are those referred to in your publication, namely, the notices in the Philosophical Magazine of Tilloch, Vol. xxxi. 1808, Vol. xxxiv. 1809, and Vol. xxxv. 1810. Your plans for private houses will, in all likelihood, occasion improvements in the future constructions: but a grand Institution for the benefit of the invalid public, and the sick in general, by the erection of a building of sufficient space for apartments and rooms of various dimensions to afford warm and equal temperatures, is at this time especially an object for the gratification of the philanthropist, and, in all probability, must be profitable to the proprietors. To such a fabric as is here proposed, should be attached variously

* On Warming and Ventilating Buildings, &c. London, 1824.

disposed spaces for pleasure-walks, for green-houses, for baths, and for amusements. How many thousands of persons, of all ranks, are at this time living in the United Kingdom in a state of bad health, not remediable, or even capable of relief but by warm fresh air of suitable degrees of temperature? Such states of the atmosphere are no where obtainable, except perhaps for a short time, in any climate. The more temperate climates afford the required temperatures during parts of the year only; and the tropical latitudes, from the extreme heat and the existence of the causes of disease, are scarcely preferable, some rare cases excepted, to many parts of our own island. Such an establishment as I have in prospect would require a very large capital. But how can capital be expended more serviceably to the human kind than for the Institution proposed. The large sums now embarked, undoubtedly for improvements in the condition of human life, do not concern men, however, so nearly as the immediate preservation of life, and palliation of disease, above all, pulmonary consumptive cases; yet the expectation of pecuniary gain induces persons to become adventurers. On a due estimate of the advantages of such an undertaking to the subjects of the United Kingdom, there seems no reasonable doubt that in the present redundance of capital, the speculator would be repaid by ample interest. At least such an undertaking is one of greater promise than many others, or perhaps more so than any now in progress or in contemplation. I am, dear sir, with best wishes, yours faithfully, GEORGE PEARSON."

SUPERFLUOUS HAIR.

Our attention has been directed to this subject by a correspondent, who is desirous of knowing how the hair may be prevented from growing on those parts of the face which are ordinarily free from it. Though we confess ourselves unable to give any satisfactory reply to this question, we are persuaded that the following remarks will be interesting to the individual alluded to, in common with the generality of our readers.

The surface of the body would appear to be liberally supplied with bulbs or roots, which, when excited into action, are capable of producing a growth of hair over the whole of the skin, with the exception, perhaps, of that covering the inner surface of the limbs, the palms of the hands, and soles of the feet. Of the particular circumstances, however, which render these roots, over a great part of the body, ordinarily inert, or which cause them, in some individuals, to produce hair in situations where it does not usually appear, we are entirely ignorant.

It is seldom that what is termed superfluous hair, is met with in young persons, or during the prime of life; it is usually not until after the middle period of life that it occurs. This circumstance has been attempted to be accounted for, from the two constituent parts of the hair, phosphate of lime and albumen,

being, also, the principal substances which enter into the formation of the bones; hence it is supposed that when the latter have completed their growth and firmness of structure, the albumen and phosphate of lime contained in the blood, are prevented from accumulating in excess, by being appropriated to the production of an increased amount of hair. This explanation, however, though plausible, is entirely hypothetical, and does not account for the fact, of the almost infinite variety in the amount and extent of the hair on the surface of different individuals. With our present knowledge of the human economy, we are in fact unable to trace satisfactorily, the causes of the hair being in some cases, from birth, too low on the forehead, or so irregularly covering the face as to be in the highest degree detrimental to beauty. We are unable, also, to explain the reason why in one, the eye-brows should present merely a curved line, while in another they are thick, coarse, and over-hanging: nor why, in some instances, they should be separated by a considerable space from each other, and in others be united into one; which latter, though now looked upon as a defect, was esteemed by the ancient Romans a mark of beauty.

One of the most unsightly and disagreeable forms under which superfluous hair makes its appearance on the face and neck, is in the form of large hairy moles: large tawny blotches, also, thickly studded with a coarse hair, are frequently met with upon the cheeks, forehead, or chin. These are most generally present at birth, though occasionally they make their appearance subsequently.

Various methods have been proposed and practised from the earliest ages, with the view of removing superfluous hair. The female Jews, by whom a high forehead, free from hair, is considered indispensable to beauty, use, we are informed, as a depilatory,* a bandage round the forehead, of scarlet cloth. How far this means has been found successful, we cannot say.

Numerous depilatories are in common use among the natives of the East; while the toilet of the European is likewise plentifully supplied with them. They consist, in general, of a preparation of quicklime, or of some other alkaline or corrosive substance. In some, even arsenic enters as an ingredient, as in the *rusma* of the Turks, and the Egyptians. All such articles, though no doubt many of them effectually destroy the hair, should, we conceive, be carefully avoided; the injury which their use occasions to the skin, being often very considerable. They give rise occasionally to troublesome, and even dangerous sores, and cause at times a scar, still more unsightly than the defect they were employed to remedy. Those which contain arsenic, can never be resorted to without the utmost risk to health, if not to life.

* Depilatory, is a term applied to any means calculated to eradicate the hair.

At first sight, one of the most effectual means of getting rid of the offending hair, would appear to be to pluck it out by the roots. By this procedure, however, which is productive of not a little pain, besides irritating and inflaming the skin, and endangering the production of pimples, and sores, the growth of the hair, is but in a very few instances prevented. Thousands of roots, always ready to produce a new crop of hair, still exist in the skin, and they appear (in fact) to be roused into action by the rooting out of the hair already existing.

With respect to the hairy moles, and blotches, which have been alluded to, these may frequently be removed, in early life, by the knife of the surgeon, with but little pain, and without the least danger being incurred. But, at a more advanced age, too much caution cannot be observed, in avoiding every means capable of irritating or inflaming them. They ought never to be meddled with. Ulcers of a most unmanageable character, productive of deformity, and even death, are liable to result in certain constitutions, from the slightest injury inflicted upon them.

Under all circumstances, therefore, we believe it to be far better to put up with the deformity arising from the superfluous hair, than to endanger the occcurrence of a greater evil by attempting its eradication.

THE UNION OF LABOUR AND STUDY.

We have already adverted to this subject, and now return to it again, for the purpose of laying before those who are most concerned in such a discussion, the results of experience in those institutions, where the manual labour plan has been associated with study. Facts always form the safest guide.

The provision requisite to a manual labour Academy.—The Southern and Western Theological Seminary at Maryville, Tenn. was begun by the purchase of a farm at $2,500. The horses, cattle, wagon, and farming utensils cost about a thousand dollars more. There is a boarding house where all the scholars upon charity are fed, and lodged.

At Danville, Ky. is a manual labour Seminary. The farm consists of 112 acres of first rate land, the necessary buildings are put up with logs, and are sufficient to accommodate 40 or 50 persons. The whole expense of the farm and the buildings was $3000.

At Germantown, near Philadelphia, is another Academy for the union of labour and study. The farm here has 72 acres, with the ordinary farming utensils, two horses, four cows, and other domestic animals, supplying outdoor employment for more than a dozen students, and shop room for 6 or 7 more. The buildings will accommodate about 40 students. The property cost $8000.

At Andover, Mass. is a department for manual labour and study. A workshop is erected here, of rough stone, 65 feet by 40, capable of containing 75 labourers. The cost was about $3000.

The Episcopal church in Pennsylvania have lately purchased a farm of 80 acres in the state of Delaware, and near the river. They estimate the requisite amount for the purchase of the land, repairs of buildings, and stock,

at $6000. They calculate *four hours* each day for every student to work, and *six or more* for study.

Expenses.—At Maryville the annual expense of each student for board, over and above his labour, which is only one day in the week, is $25.

At Danville, where they all labour *two hours* daily, the expense of board is reduced to one half the regular charge, when labour is not required.

At Germantown the labour in many cases is equivalent to the whole expense of board. In this place the students labour *four hours* every day, Sundays always excepted.

At the proposed Episcopal Institution in Delaware, it is intended that the daily labour shall about equal the expense of board; or in other words, that the steward or superintendant who takes the farm, shall, in general, accept the labour of each student for *four hours* each working day, as sufficient pay for the board of each student.

The diet in each of the places named, is generally plain, consisting of meat and bread, vegetables, milk, and fruit, but no tea and coffee.

The kinds of labour.—At Maryville, farming only is used.

At Danville also, the labour is wholly agricultural.

At Germantown, are various kinds of joiner work, especially of the plainer kind; horticulture and agriculture, together with the management of horses and cattle.

Studies. It is the concurrent testimony of all the above named institutions, that the studies of the students are in no wise impeded by their manual labour. The opinion is strongly held, that their attainments are in every respect equal to those who devote their whole time to study.

Condition of admission.—In most of the Seminaries now reviewed, the performance of labour is an indispensable condition of membership.

Remarks.—It will be seen by the preceding articles, that no doubt can exist as to the practicability of the plan of uniting labour and study. The project, indeed, does not derive its feasibility from mere recent experience. Some of the best scholars, and most useful men in our country, have passed through this hardy course of mental training. Their education has been prosecuted amid the interruptions incident to laborious avocations. Their hands, hardened with severe toil, and accustomed to the rougher implements of agriculture, have not been deemed unfit to turn over the volumes of science, and form the figure 5 of mathematical calculation. Of how many intelligent men do we learn the simple fact, that they are self-taught? In almost every such case there has been a union of labour and study. Labour has made the study sweet, and study has, in its turn, softened labour.

The above article is from our respected contemporary "the Columbian Star."—If additional facts and arguments are required to enforce the propriety, and indeed absolute necessity of labour, call it by what term you choose, gymnastic, agricultural, or mechanical, and perhaps each in turn ought to be had recourse to by students, it would be sufficient to refer to the experience of Pestalozzi, and above all of Fellenberg in his celebrated establishment at Hofwyl.—Ample and very satisfactory details on this engrossing subject will be found on reference to the American Journal of Education.—We are satisfied, by intimate experience, and we may say personal suffering, that sad injustice is done to human nature in the common systems of education, by a neglect of suitable and regular physical exercise; directed as well to the immediate preservation of health and prevention of numerous ailments, as to the learning of some useful handicraft employment, and acquiring the ability to use our senses and limbs with that readiness and accuracy so useful in the various situations of life, whether of daily business or unforeseen peril and emergencies.

POUND CAKE.

After a minute inquiry into the causes of the unhappiness which is too frequently to be met with in the married state, an ingenious correspondent thinks that he has discovered the principal one in the consumption of that indigestible compound, ycleped pound cake, at the wedding supper, and during the feasting which succeeds. When we recollect, that it is the opinion of some "great philosophers" that the disposition of a man, good or bad, is influenced, in a very great degree, by the nature of his food, and the state of his digestion, we feel somewhat inclined to admit the justness of our correspondent's conclusions. "Wedding cake," he observes, "is compounded of as many noxious and heterogeneous articles as were included in Pandora's box: he would, therefore, suggest, that it should in future be called a *pandoriad.* The sorceresses, in preparing the pandoriad, use many magical incantations, and then finish the outside with a meretricious medley, which is mistaken by the credulous consumers for a mere innocent ornament, but which is, in reality, a close imitation of the *obi* of African enchanters, from whom it was no doubt borrowed. There are a dozen of principal ingredients in these compositions, each of which, though harmless, or even nutritious, when separate, becomes extremely virulent, when by the cook they are magically combined. No sooner is the pandoriad devoured, which, from the quantity made, occupies weeks, than its direful effects are witnessed! The sugar was only a covering to the carbonized surface, the eating of which discovers itself in the honied terms of "*my love,*" and "*my dear,*" that are at first all sweetness, but soon discover the *crusty* humour beneath. Then, too, the brandy, which was blended with the other articles, shows its effects in the unruly *spirit* of the surly husband; while the eggs, which, if the course of nature had not been interrupted, would have produced chickens, create in the wife such a disposition to *pecking*, that her mate often becomes, alas! before the honey-moon has waned, completely *hen-pecked.* The citron, too, is at once an emblem and a provocative of the *green-eyed monster, Jealousy!*—Let every new married couple beware of the consequences, when they incautiously admit the pandoriad poundcake as an ingredient in their wedding festival.

ON THE TEMPERATURE OF THE HUMAN BODY IN DIFFERENT LATITUDES.

A few years ago, Dr. John Davy made some interesting experiments on the differences which take place in the tempera-

ture of the human body, in passing from cold to warm, or from warm to cold latitudes. The result was, that in the first instance it rises, and in the second falls a little. These experiments have been more lately repeated by Mr. Reynaud of Paris, during a voyage to the East; the results obtained by him, are recorded in the *Annales des Sciences Naturelles*, for May 1830. The voyage was from Toulon, by the Cape, to the isle of Bourbon, the Maldivians, the Coromandel coast, Bengal, the coast of Pegu, Ceylon, the straits of Sunda, Java, and then home, by the Cape, to Havre; and it lasted from May, 1827, to December, 1828. The thermometers used were carefully compared by Mr. Arago with the standard at the observatory of Paris, both before and after the voyage—so that the accuracy of the observations is unquestionable. There are seven sets of experiments; four of which were made in the Torrid, and three in the Temperate zones; and each set was made on the same twelve men, all of them being in good health, most of them athletic, and all fed and exercised almost precisely in the same manner. On the 1st July, in 10° 4′ north latitude, the air being 79 degrees of our ordinary thermometer, (Fahrenheit,) the average temperature of the twelve Europeans was 99 degrees and one third of a degree. On the 10th of August following, in 36° 10′ south latitude, the air being 62¼ degrees, the average temperature of the body was 98¾ degrees. On the 11th of September, under the line, with an atmospheric heat of 86, the temperature of the body was, on an average, very nearly 100 degrees. Next year, on the 13th of May, in latitude 7° 1′ south, the air being 86, the body was 99½ degrees; on the 14th of October following, in 32° 23′ south latitude, the air being 62½, the body was 99 degrees. On the 30th of October, under the line, with an atmospheric temperature of 79 degrees, that of the body was 99½ degrees; on the 4th of December, in 46° north latitude, the air being 53½, the body was 99 degrees.—Hence it will be perceived, that the range of the animal heat, between climates where 53½ and 86 are the extreme temperatures of the atmosphere, is *one degree and a quarter* of Fahrenheit, and that it rises as the atmospheric heat rises, and *vice versa*—with some slight irregularities, probably to be ascribed to the coldness or heat of the climate which the persons upon whom the experiments were made had just left.

RUSSIAN STOVES.

We gave, in the fifth number of the present volume, a description and drawing of the method of warming apartments by means of heated air, in place of radiant caloric, such as is furnished from the common open fire. To day, in continuation of the subject, we lay before our readers a view of the Russian

stove, as found in the better kind of houses in Germany and Russia. We have had it engraved from a model taken by a friend, when in the former country. The following is an account of the entire structure.

PLATE I.

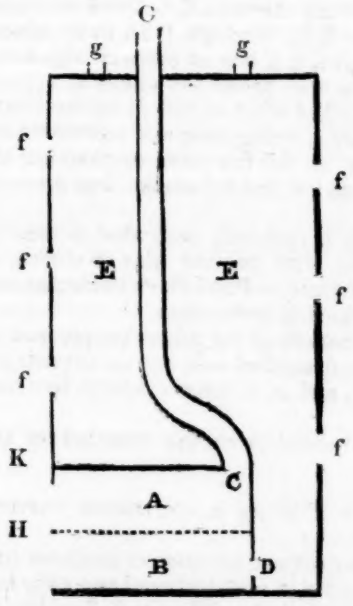
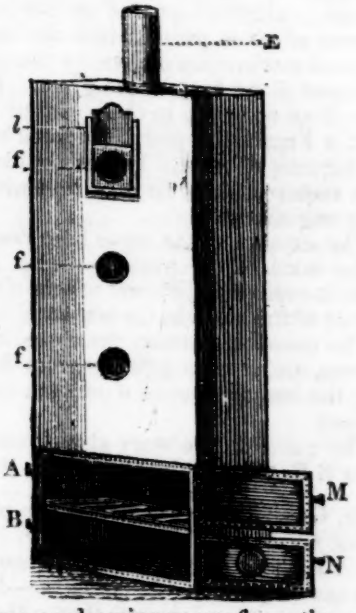


PLATE II.



In the wall which separates the parlour or drawing-room from the servants' hall, or from the entry, there is a chamber or furnace composed of brick, and projecting about two feet into the hall or entry, and the same distance into the inner apartment; it is from eighteen inches to three feet in width, and in height extends from the floor to the ceiling. This structure is exhibited in plate II.; and a perpendicular section of it, such as would be made by a plane intersecting it in the direction of the partition wall between the servants' hall and parlour, in plate I. The fire-room or furnace, is shown by A and B. By means of a brick arch, about twenty two inches of the lower part of this fire-room is divided from the rest of the stove above.—In the plate this roof is represented as flat, in the line K. This arched fire-room or chamber, is open towards the hall, and extends back to within about ten inches of the opposite side or end, where it is bricked up, with the exception of the opening D, plate I. It is divided into two compartments, A and B, by means of a grating or perforated plate H.—The vent for smoke or the pipe of the stove, is represented by C C; and may be either straight, as in the present view, or tortuous. In the walls in the upper part of the stove, facing both the parlour and the hall or entry, holes, f, f, f, are seen, by which a communication is made between the heated air in the stove E E, and the air in the apartments to be warmed.—They are about two inches square, and are marked f, f, f, on both sides, and may, on occasion, be closed with slides, one of which is represented in plate II. *l*.—The compartments A and B, opening into the servants' hall or entry, are, when requisite, closed by iron doors, represented in plate II. by M and N; the latter, or the door of the lower compartment B, having in its centre a circular opening of about an inch and a half in diameter.—The opening D, plate I. at the back part of the lower compartment, can be closed either by a moveable tile or slide.

The manner in which the rooms are heated by this apparatus, will be

readily understood. A fire of wood is made in the compartment A, the door of which is then closed, some shavings, or the like, being first introduced. Combustion is kept up by the air that passes into B, through the grate H.—The smoke escapes by the pipe C C. When the wood has been reduced entirely to coal, the opening D is unclosed, and the door of B shut. The air contained in the chamber or body of the stove E E, being now thoroughly heated, is admitted into the parlour by removing the caps, f, f, f.—A continual current of air is passing into the chamber E E, through B D, to be heated and admitted into the parlour by the openings f, f, f, one or more of which can be closed if the heat be too great. Persons who prefer the cheerful appearance of an open fire in their parlour, have often what is called, on the continent, a French fire-place, the same as our own, being open and calculated for the burning of wood. Some modifications in the fire-room or chamber are then required, the door of A is removed, and the flue for smoke, has more of a zig zag course.

The exterior of the stove here described, is variously decorated, according to the taste of the owners—being covered with painted tiles or stucco, or made to represent different orders of architecture.—Plate II. exhibits that side or part of the stove in the servants' hall, which is quite plain.

The common German stove used in the houses of the poorer people, and in taverns, &c. is very different from that just described.—It has no advantages over the common stoves of our own country, and is, in some respects, less convenient.

The rooms in the story above, may be heated from the chamber of the stove E E, through the openings g g.

Dr. Granville thus describes the pleasure of living in apartments warmed by hot air.—

"A Russian petch or stove, is one of the greatest luxuries of civilized life, that can be found in cold climates.—It is, by far, a more rational and effectual mode of warming a house, than either the coal grate of England, the blazing hearth of France, or the iron stove of Germany. It supplies the best substitute for the genial warmth of summer within doors—and affords an equal degree of heat, so universally spread in every part of the room, that when the external air has been at twenty degrees of Fahrenheit, I have gladly remained without any other than the lightest dressing gown, in my room, taking my station indifferently in any part of it, far from the stove, and frequently near a window, without any other than the most pleasing sensation of an equal warmth. This same sensation is experienced at night, the heat of the stove continuing unabated,—so much so, that there is no need of a blanket, or any heavy clothing on the bed. Indeed I have found, that many of the inhabitants habitually slept with a single sheet throughout the winter, the temperature of the room at night being from 63° to 66° of Fahrenheit. Such an even temperature would not be sufficient to allow of a similar practice in London, where there are draughts of wind in every corner, and in the vicinity of every window; but in St. Petersburgh there are no such intruders, and the temperature above quoted is sufficient and comfortable. During the five weeks I resided in the apartments allotted to me in Count Woronzow's house, my in-door thermometer did not vary once, more than half a degree from 64 in any part of the room, except for the three days when the stove had not been lighted."

The internal structure is very simple. "It consists," says Dr. G. "of a fire chamber in which the wood is burnt. This occupies of course the lower part and extends from one front of the stove to the other. It is a foot and a half wide, and two feet high, and is closed by a single iron door. A system of tubes leads from this chamber, one of which, when open, serves to carry off the smoke and soot of the burning wood, while the others receive and carry heated air all round the interior of the stove, after the combustion is com-

pleted, and the former tube closed.—The air in these tubes communicates with the air in the room by means of a small door or ventilator, at the upper part of the stove."——

If this description be correct, though we much doubt its accuracy, fixed air or carbonic acid gas, must escape into the room through the tubes which communicate below with the fire chamber,—a serious and alarming objection to such a kind of stove; but which does not exist in the one we have described.—That accidents, such as asphyxia, and apoplexy, do occur frequently among the peasantry and lower classes, who allow the impure air to enter from the stove into their apartments, and at the same time carefully exclude the atmospherical air from without, is a familiar fact to travellers and others in Russia. But, as we have already had occasion to remark, the plan of warming rooms so as to keep the air in them at an uniformly elevated temperature, does not at all exclude the comforts of ventilation, or the introduction of fresh air from without, by which we have indicated. We trust that the information which we have given, and shall continue to give to the public on this very important subject, will not be lost on those who shall have the superintendence of edifices to be erected for any public purpose of religious assemblage, business, colleges, and school learning, &c. &c.

ARCHERY.

We introduce an article under the above title, from the first number of "The Cabinet of Natural History and American Rural Field Sports." The association, or company of archers referred to in it, hold their meetings monthly, during the winter, at the Gymnasium of Mr. Roper. We are pleased to find that this establishment is daily becoming a place of increased resort for persons of all ages; boys during their play hours—young collegians—hypochondriac invalids, who used to suffer from the sin of idleness—and even graver professional gentlemen, who are glad to share, personally, the good effects of those gymnastic exercises, which they recommend to their friends and patients.

"The value of agreeable amusements has been acknowledged in every age—as the most important advantages to health and happiness, are, in a great measure, subject to their influence.

"If we find that both are interested and improved by archery, it must prove a sufficient reason for its being esteemed an eligible and useful amusement; and, if it can also be shown to possess some valuable qualifications, which are not to be found in other diversions, the benefits to be derived from its practice will be still more conspicuous.

"Archery, in fact, possesses many excellences as an exercise, which renders it one of the most useful of the gymnastic sports.

"It is adapted for every age, and every degree of strength; and the degree of exertion can always be proportioned, by increasing or diminishing the powers of the bow employed. It is not neces-

sarily laborious, as it may be relinquished as soon as it becomes irksome, or fatiguing.

"It is recorded, that a king of Persia offered a reward to whoever could invent a pleasure. Had such an inducement been held forth by the ladies of the present day, he who introduced archery as a female amusement, might deservedly have gained the prize. It is unfortunate that there are few diversions in the open air, in which women can join with satisfaction, or without over-stepping those bounds which custom and innate delicacy have prescribed to the sex; and, as their sedentary life renders exercise necessary to health, it is to be lamented that suitable amusements have been wanting, to invite them into the open air. Archery, however, is admirably calculated to supply this deficiency; and, in a manner, the most desirable that could be wished.

"The bow is the most ancient and universal of all weapons, and has been found in use amongst the most barbarous and remote nations. In the days of David, the practice of this instrument of warfare appears to have been so general, that it is constantly made use of in the Bible as a figure of speech.

"Its earliest application, however, was for the purpose of procuring food; and, notwithstanding the celebrity of the English archers, it is a question among antiquaries, whether it was ever used by the Anglo-Saxons, and Danes, except for the chace, or as an amusement. All authorities agree, that it never was considered as a formidable weapon of defence in that country, until after the Norman conquest, who introduced the general use of it and the cross-bow among their military retainers and serfs; the difference in the use of which is well exemplified in a simile made by the celebrated Bayle: 'Testimony,' says he, 'is like the shot of a long-bow, which owes its efficacy to the force of the shooter; whereas, argument is like that of the cross-bow, equally forcible, whether discharged by a dwarf or a giant.'

"It is now wholly relinquished among civilized nations as a hostile weapon, but still retains a prominent rank, as affording a healthy and rational amusement.

"This exercise, which is exceedingly common in Europe, and more particularly in Great Britain, is scarcely known in this country; the only association of Bowmen in the United States, as far as we can learn, being in this city. We trust, however, that this fashion may be universally cultivated and approved, and that we may see the time when, with Statius, it will be said,

"Pudor est nescire sagittas."

"Every information respecting the use of the Bow, can be readily obtained from the "Archer's Manual," a little work published by Mr. Hobson, of Philadelphia, under the superintendence of the "United Bowmen." Shooting apparatus can likewise be obtain-

ed without much difficulty, either in this city, or may be imported from Europe.

"We have been led into these remarks, from a wish to see this useful and agreeable amusement become general in our country, where there is such a dearth of invigorating exercises, with the exception of those of the chace. The association to which we have alluded, held their third annual prize meeting on the 22d of October, where the first prize, a silver bugle, was awarded to Mr. X. for the greatest value of hits; and the second, a silver grease box, for the hit nearest the centre of the target, to Mr. C.

"From the unfavourable state of the weather, the shooting was far from being equal to that on many of the ordinary practice meetings of the association."

DR. PEIRSON'S ADDRESS.

A very able and eloquent address in behalf of the cause of temperance, has recently been delivered by Dr. A. L. Peirson, of Salem, Mass.

Instead of pursuing a beaten track on this subject, the speaker, after an appropriate introduction, dwelt principally upon the important influence of a correct physical education, as well upon the moral and intellectual faculties of man, as upon his bodily health and vigour.

Physical education, the speaker remarked, was a science of vast importance, and one to which too little attention has heretofore been paid. It commences with the infant, and is perfected only in old age. At every stage of life, its influence is experienced in an increased amount of health and cheerfulness, a better developed and more symmetrical form of body, and an increase of capacity for mental exertions. He repudiates as erroneous the popular notion, that the less children are attended to, and the more coarsely they are fed, the better they will thrive. More die among the squalid poor than among the pampered rich. There must, however, be an adaptation of things —Different constitutions require different treatment.

Physical education has reference to the full development of the bodily functions, allowing them to mature with the mental, so that there may be a perfect equilibrium between both.—That genius is comparatively lost to the world, which is unsustained by a sound body: it perishes in its own fire, and goes down into a premature grave. Hence the importance of attending to the diet and cleanliness of children, of regulating their sports, and of promoting vigorous habits by gymnastic exercises. This subject involves the destiny and glory of a nation, as on it depends, in a great measure, the manners, energies, and morals of the people. There exists a prevalent and destructive desire among parents, to induce a precocious development of the intellectual faculties of their children, before their physical organs are perfected; many a gifted young victim has thus been crushed under the weight of unmanageable knowledge.

The diet of children must be strictly temperate.—They must not be habituated to the use of hot spices—pepper, mustard, and the like, as these are unnatural stimulants. Mothers and nurses are criminal in giving infants ardent spirit, and laudanum, in repeated strong doses for trifling causes.—Doctor Peirson stated that he knew a mother, who frequently dipped her finger in spirit, and caused her babe to suck it! The only fitting drink for children, is water; and parents were impressively urged by the speaker, never to dilute or mix it with other substances, but to give it to their children in its natural purity and excellence.

NOTICE TO SUBSCRIBERS.—The terms of subscription to this work have been very distinctly stated, viz. $1.25 per annum, in advance. The publisher takes the present occasion to remind subscribers who are in arrears, that, as he furnishes an increased amount of matter and illustration, in the present volume, the obligation on their side to punctuality, ought, to say the least, to be as strong as ever. Reciprocity is in such cases a duty, which either party has a right to expect of the other

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Museum of Foreign Literature and Science:—Published every month by E. Littell, Chesnut-street, and by G. and C. and H. Carvill, Broadway, New York.—Believing that instruction and amusement are important auxiliaries to health, we do not travel from our course in recommending Mr. Littell's Museum to the patronage of our readers. Tastes the most various, will find in it agreeable aliment, whether they choose the substance of philosophy and fact, or the piquancy of epigram and wit, alternating with the sweet flavour of poesy. We have been for some years past regular readers of the Museum; and although our position, as citizens of this literary city, which abounds in libraries, both public and private, gives us ready access to numerous good books, and periodicals, we always find wherewithal to be pleased in this work. To our country friends it must be peculiarly valuable, as well from the amount as the variety of matter on literary, political, and philosophical subjects which it contains. Its articles are derived from the most popular and authoritative British periodicals. In quantity of matter the publisher tells us, that the Museum is equal to three ordinary magazines. It is printed in double column. The numbers for the year make two thick volumes, each averaging about 600 pages, with index. Each number of the present series is ornamented with a handsome engraving. Terms, $6.00 a year in advance: $7.50 if not in advance: single numbers 75 cents.

The Cabinet of Natural History and American Rural Sports. With Illustrations. A monthly publication. Vol. I. No. 1. Philadelphia. Published by J. & T. Doughty, No. 80 Walnut street, 1830.—This is really a beautiful work: the frontispiece exhibits an engraving by Tucker, from a design by T. Doughty, so finely done as to make one wish he were the sportsman represented in the plate, and that he had two such dogs, as bear this latter company. The first coloured engraving is by Sartain, after a drawing of Doughty's, and represents a noble stag, with a doe and fawn, on a finely disposed landscape, with mountain scenery in perspective. The second is, if possible, a still happier specimen of art; it represents the Ruffed Grouse, or Pheasant, with extended wing and tail: the entire bird in plumage, and attitude, is truly, as expressed by the artist (Doughty,) drawn from nature. The engraving is on stone, by Childs, and is well calculated to increase the reputation of an already esteemed *studio*. Accompanying each of these plates, is a letter press description of the natural history of the animal, including, of course, its habits, and peculiarities. The other articles are, *The Ant Lion; the Wish-ton-wish; Hunting Spiders; the Usefulness of Sporting; the Choice of Guns; Hunting Recollections; Archery.* Preceding this last article, is a "Scene on the Passadunky," in Gilbert's best style of wood cuts. If we might venture to advise, we would say, that such an article, as that entitled *Basin of the Mississippi, in a geological view*, however good in itself, is hardly called for in a work like the present, when we consider the great variety and interest of the topics, more strictly connected with its title. The Cabinet of Natural History and American Rural Field Sports, is published in quarto form. Each number will contain twenty-four pages of closely, but clearly printed matter. The price is but eight dollars per annum. A more interesting and ornamental volume could hardly be obtained in any country, on the same terms. It is calculated to amuse and instruct, both the inhabitants of the city and of the fields—the youngster sighing for a first shot—the sportsman living on his recollections of past glory—the gentle miss who would read of scenes in which her father and brothers love to act a part—the cockney blade who sports during a whole week in the year, and, in fine, all who love the arts, and wish to see nature naturally portrayed, as well by the pencil as by the pen.